

# ALCOHOL & YOUR HEALTH

Understanding the harmful effects  
of alcohol on your body

## ALCOHOL CAN HURT YOUR:

Alcohol is a "depressant:" it slows you and your brain down. Your brain is still developing throughout your teen years (even into your 20s!). Heavy drinking in the teen years can cause long-lasting harm to thinking abilities.

### BRAIN



### HEART AND LIVER



Your heart pumps blood 24/7 to keep you alive, and your liver helps clean the bad chemicals out of your blood. Over time, drinking alcohol can damage these important organs.

Your immune system protects you from the germs that can make you sick. Drinking too much alcohol weakens the immune system, making your body a much easier target for disease.

### IMMUNE SYSTEM



### RELATIONSHIPS



Not only does alcohol negatively impact your body, but it also can impact your relationships. At any age, too much drinking can lead to losing friends, falling behind at school or work, or affecting family relationships.

Visit [www.coolspot.gov](http://www.coolspot.gov) and [www.niaaa.nih.gov](http://www.niaaa.nih.gov) for more information on alcohol and its related topics